

15 MINUTE IDEAS FOR IMMERSING YOURSELF IN LOCAL NATURE



Stand or sit outside for 15 minutes. Listen closely to the birds around you. Note down how many different songs you can hear. You could try identifying what species you've heard, this is a good place to start: <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/>

Pick a patch of grass, perhaps around 50cmx50cm. Look carefully at the plants found in this patch and try to work out how many different species there are. If you want to have a go at identifying the species this is a good place to look: <http://www.botanicalkeys.co.uk/flora/>



Find a patch of flowers on a sunny day. Spend 15 minutes watching which pollinating insects visit. You could note down the number of visits and try to identify the species.

This is a good place to start: <https://www.ceh.ac.uk/sites/default/files/FIT%20Count%20insect%20guide%20v4.pdf>

Identify a tree leaf. Find a tree and look closely at the leaves noting the details in shape, feel and size. These are all features that can help with identification. Have a look here for some help identifying the species: https://d3d0b0dc-e4af-4b9c-ae58-7877b57a56b6.filesusr.com/ugd/562348_9ed515c2b0c245b1907defb331b228e6.pdf



Spend 15 minutes in one area. See how many different natural colours you can count, perhaps photograph them.

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